

Bangalore Mirror

ON SUNDAY

TEMP Max 33 | Min 23 | Humidity 42%

Mainly Clear sky

Sensex 74,119 | Nifty 22,493 | Gold 66,019 | Silver 74,280 | Dollar 82.75 | Euro 90.56 | GBP 106.40

WILD THINGS

Conflict of interest



PAGE 6

THIRSTING

Water for schools



PAGE 5

With 6,19,246 cases booked so far this year, helmet-less riding tops violations, suggest city traffic police data

HEADSTRONG

3,48,418 riders, 2,70,828 pillion riders booked sans head gear

MIXU/PEXELS

I Melvin Mathew
c-melvin.mathew
@timesgroup.com

TWEETS @BangaloreMIRROR

According to Bengaluru Traffic Police data from 2024, violations of helmet-less riding tops the offence list. Around 6,19,246 cases have been booked against helmet-less riding in the first month of 2024.

Helmet-less riding is one of the common traffic violations; city traffic police are tackling the issue with the help of contactless enforcement.

Out of the 8,47,567 traffic violations up to January 31, 2024, the majority are of helmet-less driving. The BTP has seen 6,19,246 cases of helmet-less riding so far, out of which 3,48,418 cases were registered against helmet-less riders and 2,70,828 cases filed against helmet-less pillion riders.

Police officials said cases are consistent with last year. In 2023, BTP registered 43,92,381 cases of riders not wearing helmets and 26,08,122 cases against helmet-less riders not wearing helmets.

Since 2023, traffic cops have

CONTINUED ON PAGE 4 >>



Govt must consider subsidising them. There is a tendency to avoid wearing helmets during summer

— Rajkumar Dugar, C4C

Police story

City has a shortfall of 149 police sub inspector positions



I Sridhar.Vivan
@timesgroup.com

TWEETS @sridharVMIRROR

In Bengaluru city stations, there exists a shortfall of 149 police sub inspector positions. Out of the sanctioned 1,016 SI posts, only 867 are currently occupied, highlighting significant strain on the workforce.

Cubbon Park traffic station faces the highest shortage with six SIs, while Highgrounds, Amruthalli, and JC Nagar stations each report a shortage of four SIs.

Several other stations, including Vidyananyapura, Adugodi, Halasuru Gate, Shivajinagar traffic, HAL traffic, Ashoknagar traffic, Wilson Garden traffic, Highgrounds traffic, Halasuru Gate traffic, Bharatinagar, Siddapura, Vivekapura, Seshadripuram, and SJ Park, have a shortage of two SIs each.

Additionally, stations such as Shivajinagar women's police station, Hennur, KJ Halli, Govindapura, CEN, Upparpet, Annapoorneshwari Nagar, Rajajinagar, Gangamma Circle, Basavanagudi women's police station, SR Nagar, Vaiyalikaval, and Yelahanka, among others, each face a shortage of one SI.

As Bengaluru City is witnessing an increase in instances of crime as well as traffic congestion, there is pressure on the government to recruit more police personnel. A senior police official who didn't want to be named said: "The shortage of sub-inspectors significantly burdens our existing staff."

CONTINUED ON PAGE 4 >>

2 THINGS TO DO



01 Art exhibition

Experience the captivating artwork of OCAAT, an artist with autism, whose dynamic pieces reflect a profound connection to nature and a journey of personal expression. Explore a diverse range of mediums, from acrylic to alcohol inks on canvas, as OCAAT shares their unique perspective on the world. Through abstract expressionism, OCAAT navigates the complexities of society and personal struggles, creating pieces that resonate with depth and emotion. **When-** March 10 to 31, 11 am to 11 pm **Where-** Urban Solace



02 Theatre workshop

Ranga Shankara's annual Summer Express, a transformative theatre workshop designed for children aged 5 to 12 years, offers two batches, each culminating in a captivating showcase for parents. Discover the joy of theatre as your child explores acting, writing, visual arts, and more in this intensive 2-week workshop. Guided by exceptional facilitators, participants will build self-confidence, unleash creativity, and forge lasting friendships. **When-** April 8 to May 5 **Where-** Ranga Shankara

Double-deckers to roll back onto roads soon

BMTC embarks on dual endeavours; plans to finalise double-decker tenders in a week and enhances last-mile connectivity with metro feeder website

I Melvin Mathew
c-melvin.mathew@times-group.com

TWEETS @BangaloreMirror

BMTC will finalise tenders for double-decker buses within a week. Double-decker AC buses will run on selected routes in Bengaluru.

In February 2024, BMTC finally floated a tender for the procurement of 10 double-decker buses under the Gross Cost Contract (GCC) model. The last date for participating in the tender has expired and BMTC is likely to select an agency soon. "We have floated a tender for double-decker buses and we will be finalising the tender soon," said a BMTC official. BMTC is procuring the 10 double-decker AC electric buses under the National Clean Air Programme (NCAP) and State Urban Transport Fund (SUTF) of the Directorate of Urban Land Transport (DULT).

These buses would run on select routes due to vertical clearance issues. Currently, BMTC has plans for Majestic to Shivajinagar, Shivajinagar to Market, and Majestic to Attibele. These buses however would be required to run an assured 150 km per day over 350 days accumulating to 52,500 km in a year. For the operation of these double-deckers, BMTC has identified the Subhashnagar depot where all the charging infrastructure will be set up. The double-deckers will have a vertical height of 4.4 m to 4.7 m and could pose a difficulty with deployment in some areas



The BMTC feeder buses at KR Puram Metro Station



especially with foot-over bridges. In the late 90s, BMTC used to run double-decker buses through areas such as Shivajinagar, Jayanagar, MG Road, and City Market, and Bangaloreans last saw double-deckers in 2014.

Website to make feeder bus info easier to access

Chaitanya Deep, along with support from the team at Bengawalk, a public transport enthusiast group, has created a website with all the details regarding metro feeder buses introduced by the BMTC. Pravar from Bengawalk, while introducing the website, took to Twitter and said, "BMTC has been on a spree of releasing new feeder bus routes. Many of them are awesome and super useful, but it's been a little hard to keep track of the constant updates." To help commuters have better access to information regarding the routes and timings of the buses, the website includes all the details of the feeder buses that have been introduced.

The details can be accessed on feederbus.bengawalk.com. "This is all open source, and we would be very happy to help you set up/integrate some of the features and UI into the Namma BMTC app if you feel the need. We would love it if this site could be ported to feederbus.bmtc.com," Pravar wrote while tagging the BMTC Twitter handle. Frequent commuters have noted that the website is very user-friendly, making it convenient for those looking to use the services provided by metro feeders. Some even said that the website is much better at providing details regarding the feeder buses in comparison to the details provided by the BMTC on its own website.

MP calls for robotic surgery coverage in health insurance

At the intersection of medical innovation and compassionate humanity, Bengaluru South MP Tejasvi Surya recently advocated for a significant shift in health insurance coverage. Speaking at the Women's Day and World Kidney Day programme hosted by Manipal Hospitals, Surya urged insurance companies to extend coverage to robotic surgeries.

This call to action reflects a growing demand among patients for precision-driven procedures, often inaccessible due to a lack of insurance compensation.

He emphasised the transformative potential of robotic-assisted surgeries, citing their unparalleled precision and reduced invasiveness compared to conventional methods. He underscored the need for insurance companies to adapt to evolving healthcare technologies, ensuring that patients have access to

advanced treatments without financial barriers. His plea resonated with the audience, echoing the sentiments of many who see robotic surgeries as a beacon of hope for improved healthcare outcomes. The event also paid tribute to the late Usha Gowri, whose legacy of generosity continues to inspire. Usha's family's decision to donate her kidney in the face of tragedy marked a milestone in Karnataka's medical history, catalysing cadaver kidney transplantation at Manipal Hospital Old Airport Road. Her story serves as a poignant reminder of the profound impact of organ donation in saving lives and fostering a culture of altruism.

Dr Sudarshan Ballal, Chairman, Manipal Hospitals, in honour of Usha's courage, announced the launch of 'Usha's Day,' a monthly subsidised kidney transplant surgery programme. This initiative not only



commemorates Usha's selflessness but also underscores Manipal Hospitals' commitment to excellence in transplant surgeries. Dr Ballal highlighted the integration of robotic technology as a game-changer in patient care, elevating standards and enhancing outcomes.

Reflecting on Usha's legacy, Dinesh Gundu Rao praised the transformative power of organ donation, noting that a single donor has the potential to save multiple lives. He emphasised the importance of embracing innovative healthcare technologies to maximise the impact of such selfless acts. — BMB



Hats off, ladies

We value our women newspaper vendors. On the occasion of International Women's Day, Vijay Karnataka and Bangalore Mirror of the Times Group, recognised their precious contribution and felicitated the women vendors across Karnataka

All questions about ailments, significance of knee replacement surgery, post-operative care answered

Unlocking Knee Health

In the realm of orthopedic surgery, advancements in technology have revolutionized treatment options for patients with knee issues. Dr. Rajashekhar KT, a renowned orthopedic surgeon specializing in robotic joint replacement at Apollo Hospitals, has provided invaluable insights into the management of knee-related ailments. With his vast expertise and pioneering work in the field, Dr. Rajashekhar sheds light on critical aspects such as the causes of knee problems, preventive measures to maintain knee health, the significance of robotic knee replacement surgery, and postoperative care strategies during an exclusive phone in programme with BM readers.

■ What factors contribute to knee issues in individuals?

The main cause of knee issues is often attributed to the sedentary lifestyle prevalent in modern society. Spending prolonged hours sitting or lying down can lead to a lack of physical activity, which in turn affects the health of the knees. Additionally, factors such as age and genetics play a role, with conditions like rheumatoid arthritis and gout contributing to knee problems. Moreover, injuries sustained from accidents or sports activities can also lead to knee issues.

■ How can knee replacement surgery be avoided, and what steps promote good knee health?

To prevent the need for knee replacement surgery and maintain optimal knee health, individuals are encouraged to engage in load-bearing activities such as walking. Even individuals with sedentary lifestyles can benefit from incorporating daily walks, aiming for 6,000 to 10,000 steps per day. Regular physical activity not only improves circulation but also strengthens muscles and bones. Additionally, proper nutrition and adequate sleep are essential for overall health and healing. Walking on softer surfaces like mud or grass is recommended over hard surfaces like concrete, and opting for natural terrain instead of treadmills can also benefit knee health. It's crucial to gradually incorporate lifestyle changes rather than making sudden adjustments to avoid undue stress on the knees.

■ What sets robotic knee replacement surgery apart from traditional methods?

Robotic knee replacement surgery represents a significant advancement in orthopedic surgery. Unlike traditional methods, robotic-assisted surgery offers greater precision, efficiency, and faster recovery times. By creating a virtual 3D model of the patient's knee, surgeons can plan and customize the procedure for optimal implant placement. The use of robotic systems streamlines the surgery, automating certain aspects and reducing the risk of complications. Patients undergoing robotic surgery experience less postoperative pain, shorter hospital stays, and quicker rehabilitation compared to traditional methods. This innovative approach not only enhances surgical out-



comes but also improves the overall patient experience.

■ What is the post-surgery care regimen like for patients undergoing knee replacement surgery?

Following knee replacement surgery, patients can expect personalized care tailored to their specific needs. Depending on individual muscle strength and overall health, postoperative care may range from a few days to several months. Robotic surgery has minimized post-surgery care requirements due to its precision and efficiency. Patients typically experience

less pain and shorter recovery times compared to traditional surgery. Physical therapy may still be necessary but is often shorter in duration. With robotic surgery, complications such as urinary catheterization and bedsores are less common, allowing for a smoother recovery process.

■ What is your opinion on the effectiveness of pain-relieving oils advertised on social media?

Pain-relieving oils advertised on social media may provide temporary relief as anti-inflammatory agents. While these oils can help manage pain, they do not address the underlying cause of knee issues. Some oils function as counter irritants, producing surface irritation to alleviate pain. However, they cannot replace lost knee cartilage or reverse structural damage. It's essential to consult a healthcare professional for comprehensive treatment options tailored to individual needs.

■ Is it advisable for a patient to undergo simultaneous knee replacement surgeries for both legs?

I prefer to do single knee replacements at a time rather than two at a time for the sake of preventing embolism and infection. It's crucial to weigh the potential benefits against the risks before proceeding with bilateral knee replacements. While one-leg surgeries allow for faster recovery and reduced postoperative care requirements, simultaneous surgeries

may pose challenges such as prolonged bed rest and increased risk of infection. Patients should discuss their options with a qualified orthopedic surgeon to determine the best course of action based on their individual health status and preferences.

■ Why are there increasing reports of knee issues in recent times?

The rise in knee issues can be attributed to various factors, including changes in lifestyle and demographics. With nuclear families becoming more prevalent, elderly individuals are often left to navigate daily activities independently, leading to a greater awareness of knee problems. Sedentary lifestyles characterized by prolonged sitting or lack of physical activity also contribute to knee issues. Additionally, increased access to healthcare and surgical interventions may lead to more reported cases of knee problems. It's essential to address these issues through preventive measures and early intervention to maintain optimal knee health.

For more details, contact
9019963156

Website:
<http://www.apollohospitals.com/bangalore>
Email: digitalleads_bglr@apollohospitals.com
Address
 Apollo Hospital, Opp.IIM
 154/11, Bannerghatta Road,
 Bengaluru, Karnataka - 560076

BDA's digital era begins

Software to streamline processes, prevent multiple office visits, thwart middlemen

I Y Maheswara Reddy
c-y.reddy@timesgroup.com

TWEETS @BangaloreMIRROR

Here's some good news for those who have been running from pillar to post to get their grievances addressed by the Bangalore Development Authority (BDA). If the BDA's latest initiative is any indication, there will be no need for people to make multiple visits to get their work done or meet BDA officials in person.

BDA chairman NA Haris on Thursday launched the BDA's official website bda.karnataka.gov.in and a new software called 'Solve Your Problems.' "It is not a new website. The BDA has had this website all these years. Now, we are re-launching it. The objective is to ensure BDA is a paperless organisation and to minimise the visits of people who come to the BDA to get their grievances redressed," he said.

He further added that the public can visit the website to register their grievances, and they can receive responses from the BDA officers online. Alternatively, the public can meet the BDA officials by scheduling an appointment with them. "I want the BDA officials to address the grievances of the public and work hard to regain the BDA's lost glory," he said.

Stating that a programme would be organised to launch the website and the new software by Chief Minister Siddaramaiah and Deputy Chief Minister DK Shivakumar after the Lok Sabha elections, he said the new software would facilitate the public to visit the designated departmental officer, and it is expected to fix the problems without wasting the time of citizens. "With



A long queue seen outside the BDA office waiting to meet with officials for documentation work (file photo); inset- BDA Chairman NA Haris, along with other officials launching the website and new software

this software, some tasks of citizens can be solved online. The issues that are entered in this software and after submission are forwarded to the officer of the prescribed department of the authority," he said.

BDA Commissioner N Jayaram has said that the threat of middlemen has increased for the BDA, and this software is prepared to prevent the menace of middlemen. "Through this software, the public can enter their problems on the official website of the authority. An opportunity to visit the concerned officer is provided on the scheduled date and at the time fixed or decided by the authorities," the BDA Commissioner said. Meanwhile, the public, especially those who bought sites at various layouts developed

The High Court has ordered that everything be made available online to bring transparency to the BDA system

— Surya Kiran, spokesperson, NPKL Open Forum

by the BDA, want all the services of the BDA to come under the Sakala Grievances Redressal System.

"Sakala will be a time-bound system to make the BDA officials and others ensure the redressal of grievances on time. I want the BDA to digitise all project-related data like project finance, project approvals, project modification, park, and

playground details and make these details available online. The High Court has ordered that everything be made available online to bring transparency to the BDA system. Even for small work, people have to make multiple visits to the BDA office," said Surya Kiran, spokesperson of NPKL Open Forum.

He said that he welcomes the introduction of the new online grievances redressal system. "I hope that it will address minor to major issues without requiring a visit to the BDA Head Office," he said.

whatsapp
MIRROR
9591233247

Problems in your area?
Send us a picture along with specific details. And please, no phone calls or spamming

Claim your bike

Madiwala



This bike has been parked on Madiwala Lake Road for over a month.

Neglected lanes

Viveknagar



Only partial repairs have been sanctioned by the MLA and BBMP for the roads. While pipes have been changed on the main road, lanes remain neglected, with some of them being over 50 years old.

Helmet-less in Bengaluru traffic

CONTINUED FROM PAGE 1

been detecting seven violations through contactless methods: speed limit, red light, stop lane, helmet, triple riding, driving using phones, and driving without seat belts.

"It was the same trend last year as well. The high numbers are due to contactless enforcement, especially through ITMS. Continuous awareness programmes are being taken up to improve road safety including wearing a helmet," said joint commissioner of police, MN Anucheth. Another senior traffic official said they are seeing the most number of cases around schools and colleges. "We are catching helmet-less riders through contactless enforcement. We are constantly creating awareness, especially during the road safety month. People should know violations are being detected even when police are not watching them physically. According to our observations, we are seeing most cases near schools and colleges," said a senior traffic police official.

Speaking of the importance of effective helmet usage in preventing fatalities,

a medical expert told BM that it can reduce the chances of fatalities by six times. "Riders need to follow effective helmet usage — full face covering helmets with chin strap and visor. Ninety per cent of people who wear helmets do not follow effective helmet usage. Proper helmet usage can reduce fatalities by six times and injury by three times. Pillion riders are more vulnerable during accidents as they do not possess the reflex of the rider. Women pillion riders, based on their style of sitting (sideways) are more prone to injuries than men," the expert noted.

He added that in the event of an accident involving helmet-less riding, brain injury could happen at as low as 17 km ph.

"The severity of the injury depends on the velocity of the impact. But brain injury can be sustained at speeds as low as 17km ph. An average rider travels at 30 km ph. A person falling on the side is likely to have more severe brain injury as it exposes the vulnerable side of the skull. The injury could directly affect the brain stem. An impact to the front and back of the skull is likely to cause a less severe injury to the brain,"

he said. However, experts are of the view that if the brain injury is too severe, hospitalisation would not be successful. "In case, the injury is moderately severe, it's crucial to bring the patient to the hospital with round the clock C&T scan and an expert neurosurgeon available within 1-2 hours. In case of a blood clot, immediate surgery is required and if the injury is towards the central part of the brain, the treatment becomes more complex," he added.

Activists BM spoke to said to encourage wider adoption of the safer ISI mark helmets, the state government should consider subsidising them. "For the common man, an ISI helmet worth Rs 1,000-1,200 is not a small investment with both rider and pillion rider needing one. A low-quality helmet is available at prices as low as Rs 100. To save lives, the government must consider subsidising good quality ones. There is also a common tendency to avoid wearing helmets during summer. Schools must not allow students to enter the premises with vehicles as they are legally eligible for a licence," said Rajkumar Dugar of Citizens 4 Citizens(C4C).

City has shortage of 149 SIs

CONTINUED FROM PAGE 1

With fewer personnel to handle the workload, officers are stretched thin, leading to longer hours and increased stress levels. The role of SIs in traffic management is also greater and shortfall hampers our operational capabilities, hindering the implementation of traffic management strategies and enforcement of regulations. This can exacerbate congestion and road safety issues. The shortage also leads to increased workloads for our officers, affecting their morale and job satisfaction. Without adequate staffing levels, we struggle to maintain the high standards of service expected by the public."

Citizens are demanding to increase the workforce as there is a long time demand to allow Bengaluru commercial life 24x7 which would definitely require a higher police force.

Sandhya K, a college student said, "I am concerned about the

impact of the SI shortage on public safety. Longer response times and reduced police presence in neighborhoods make us feel vulnerable and insecure. The inefficiencies caused by the SI shortage hamper economic activities in the city. Delays in police clearance and resolution of legal matters impede business operations and deter investment."

Neha S, a commuter added, "The shortage of sub-inspectors contributes to traffic chaos and lawlessness on the roads. Without sufficient enforcement, motorists flout rules with impunity, leading to accidents and gridlock."

Meanwhile, in a recent legislative session, Home Minister G Parameshwara addressed the issue, stating, "To decrease work pressure, there is a proposal to extend leave entitlements for officers. Presently, officers are granted 15 days of PL, with discussions underway at the seventh pay commission to extend this to 30 days."

HOT SUMMER, THIRSTY DAYS

Heat is on, don't throw shade at civic workers

With the heat expected to intensify in the coming months, citizens have called on the municipal body Bruhat Bengaluru Mahanagara Palike (BBMP) to put in place measures that ensure that pourakarmikas are protected as they are required to work under the open sun.

In April last year, pourakarmikas had demanded that the BBMP give them half days as the scorching sun made their work conditions unbearable.

While pourakarmikas are required to work from 6 am to 2 pm, the workers had requested that the working hours be reduced to 6 am to 11 am.

All India Central Council of Trade Unions (AICCTU) had made a representation to the Additional Chief Secretary, Urban Development Department, the Principal Secretary, Department of Municipal Administration, Principal Secretary, Social Welfare Department, Chairperson of Karnataka Safai



Karamchari Commission, and Chairperson of Karnataka State Development Corporation regarding the issue. Along with

half-day work, the trade union had demanded the provision of buttermilk and ORS to be given to them daily during work hours, and implementation of the draft heatwave action plan.

However, Nirmala, President of the BBMP Pourakarmikara Sangha, said that none of these demands were fulfilled by the municipal body last year. "The heat is certainly rising each day. We have not yet approached the authorities regarding the matter and

put forth any demands but we will soon do so," she said.

The India Meteorological Department (IMD) has predicted that the temperature may increase by up to two degrees Celsius against the city's average temperature this summer. In February, the city recorded an average temperature of 34.5 degrees Celsius, close to 3.6 degrees Celsius higher than the normal for February, pointing towards a significant rise and an incoming hot summer. **BMB**

Class in scarcity

Schools hit by severe water shortage, request officials to prioritise water supply to them as this is crucial exam season

Bangalore Mirror Bureau
mybangaloremirror
@timesgroup.com

TWEETS @BangaloreMIRROR

Numerous schools in the city are currently grappling with water scarcity. D Shashi Kumar, General Secretary of the Association of Management of Primary and Secondary Schools of Karnataka (KAMS), said, "We require water not only for basic sanitation purposes but also for maintaining hygiene standards, yet procuring sufficient water has become increasingly challenging." Expressing frustration over the situation, he said, "The Bangalore Water Supply and Sewerage Board (BWSSB) is failing to provide an adequate water supply, and on many occasions, water is only released during the nighttime."

Highlighting the severity of the issue, the administrator continued, "Many of our borewells have dried up, exacerbating the water crisis. However, despite these challenges, we cannot afford to shut down the schools as we need to continue our operations, especially during this crucial exam season."

Acknowledging the potential hardships faced by students, the administrator added, that while children may manage to bring drinking water from home, schools were struggling to meet other essential water needs within the campus. He urged authorities to prioritise allocation of water to schools. "We request the government to recognise the importance of ensuring a reliable water supply to educational institutions. Without water, it becomes difficult to maintain a conducive learning environment. We desperately need a consistent water supply to effectively run our schools. Without it, our ability to fulfill our responsibilities may be compromised."

Meanwhile, city residents have



People stand in a queue with water cans to get drinking water at Jnana Jyothi Nagar, on Friday

lodged complaints about inadequate water supply. "We have been experiencing a shortage of water for the past two weeks. Drinking water is only provided to us once a week. We request BWSSB to provide the water and save us from water scarcity issue and ensure consistent supply," said a citizen

With forecasts indicating a

“ We request the government to recognise the importance of ensuring a reliable water supply to educational institutions. Without water, it becomes difficult to maintain a conducive learning environment

harsher summer this year, an estimated 7,082 villages across Karnataka and 1,193 wards, including those in Bengaluru Urban district, face the looming threat of a drinking water crisis in the upcoming months, according to government assessments as of February 10. A report from the revenue department has highlighted a number of villages in Tumakuru district (746) and wards in Uttara Kannada as being at risk of severe water scarcity in the near future. In Bengaluru Urban, 174 villages and 120 wards have been identified as vulnerable to water shortages.

BWSSB rules: Take note

Amidst the water crisis, the BWSSB has prohibited the use of potable water for non-essential purposes, warning that violators of the directive will be fined Rs 5,000.

Stressing the importance of ensuring water supply for all resi-

dents, the BWSSB noted that rising temperatures and declining groundwater levels due to recent dry weather necessitate conservation efforts in Bengaluru.

The public has been urged to use drinking water sparingly, with the BWSSB enforcing a prohibition on using potable water for activities such as vehicle washing, construction, entertainment, or decorative purposes like fountains in Bengaluru under Sections 33 and 34 of the Bangalore Water Supply and Sewerage Act 1964.

Malls and cinemas are only permitted to use water for drinking purposes. BWSSB officials said first-time offenders will face a fine of Rs 5,000, with subsequent violations incurring the same fine plus an additional penalty of Rs 500 per day. Citizens are encouraged to report any violations of the prohibition order to the BWSSB call centre at 1916 immediately.

Last chance: Tankers can be registered till March 15

The deadline for self registration of tankers has been extended till March 15. As of now, 1,530 tankers have been registered with the BBMP portal. Those tankers which fail to register by March 15 will face legal action, according to BWSSB chairman Ram Prasath Manohar V.

"These 1,530 tankers have the capacity to supply 10 MLD of water daily at one time. Registered tankers will be affixed with stickers, and strict measures will be taken if any complaints are received regarding excessive charges. Furthermore, 419 individuals have voluntarily offered their tankers to BWSSB on rent. Instead of indiscriminate borewell drilling in the city, BWSSB aims to conduct borewell drilling based on geological reports to ensure water availability. To facilitate this, we have enlisted the expertise of four geologists. We have already issued an order to restrict Cauvery water usage solely for drinking purposes. We urge public cooperation, with enforcement commencing on March 15. Our board staff will impose on-the-spot fines for any violations of this directive," Manohar said.

The BWSSB is currently supplying 1,470 MLD of Cauvery water to its covered areas without deviation. "With a population of 1.40 crores, Bengaluru necessitates 2,100 MLD of water daily, averaging 150 liters per person per day.

Despite challenges in 110 villages on the outskirts, where 650 MLD remains insufficient due to declining groundwater levels, BWSSB is actively seeking solutions," Manohar said adding, "BWSSB efforts to enhance groundwater levels in Bengaluru include plans to infuse 1300 MLD of treated water into dry lakes in the city, a collaborative effort with Indian Institute of Science experts.

Furthermore, 582 tanks have been installed across various areas, facilitating free distribution of drinking water to local residents. Additionally, 68 private water tankers and 94 temporary mobile water tankers have been deployed for water replenishment. Work on the Cauvery 5th phase project is progressing swiftly, slated for completion by May 15. Upon completion, 110 villages will receive water, contributing to a total supply of 2220 MLD to Bengaluru city.

"Currently, 79 private tankers have been allocated to BBMP zones, ensuring comprehensive coverage for the 110 villages."

Man vs wild, the conflict continues

As human casualties due to jumbo attacks rise, officials say animals venturing into new areas where people are not accustomed to living with them and are unaware of safety issues

Garima Prasher
garima.prasher@timesgroup.com

TWEETS @BangaloreMIRROR

Human casualties due to elephant attacks have been on the rise in Karnataka. Over the last five years, 151 people have died of elephant attacks in the state.

According to Data provided by the Ministry of Environment, Forest and Climate Change and Karnataka Forest Department (KFD), these casualties have been going on. While 30 casualties were reported in 2019-20, it decreased to 26 in 2020-21. However, 27 casualties were recorded in 2021-22, 29 in 2022-23 and 39 in 2023-24.

KFD officials concede that the number of casualties has gone up over the last couple of years. They said negligence on the part of villagers too is part of the reason.

"We are noticing a surge in not just human-elephant conflict situations, but in the case of other wild animals too. This is mostly because elephants have been venturing into new landscapes and people in these areas are not accustomed to living with them. When we analyse the casualties, most of them are due to negligence. For instance, we have been alerting villagers regarding elephants' movements in new landscapes in Chikkamagluru and Hassan. But, they are not aware of safety and precautionary measures. Despite being alerted, people move around and also allow elderly family members to venture out in the evening and morning hours, leading to casualties," said Kumar Pushkar, APCCF (wildlife), KFD.

The department says it is taking measures to bring down the casualties due to elephant attacks. Some of the measures include strengthening



An elephant from a herd that created panic on the outskirts of Mysuru (file photo)

Despite being alerted, people move around and also allow elderly family members to venture out in the evening and morning, leading to casualties

—Kumar Pushkar, KFD

of Elephant Task Forces' alter system, awareness programmes in villages near forests, and setting up rail barricades. "We are making the ETF application robust by adding contact numbers of Gram Panchayat members. These numbers are used to send bulk SMSes in case KFD staff tracks an elephant or a herd. We also have control rooms in all districts that have high elephant movement and numbers are being publicised locally. ETFs have been directed to not aggravate the animals and drive them back into forests in a peaceful manner. People must take precau-

tions," added Pushkar.

Forest Minister Eshwar Khandre announced in August last year that the department has requested the Chief Minister for a grant of Rs 500 crore to prevent wildlife-human conflict. He had said that the fund is needed for the construction of about 640 km of rail barricades.

Karnataka fares better

The data by the Ministry shows that though the number of casualties is on the rise, Karnataka fares better than other states in the country.

Between 2019-2020 and 2022-

23, while Karnataka had 112 human casualties due to elephant attacks, this number was much lower compared with some other states. In the given period, Assam experienced 309 casualties, Chhattisgarh had 252 casualties, Jharkhand had 387 casualties, Odisha had 470, Tamil Nadu experienced 195, and West Bengal had 337 human casualties.

"KFD is more experienced in handling man-animal conflicts compared with other states' departments. The chemical restraint technique is being used effectively only in Karnataka. The rail barricade system is continuing and the state government has provided good support to carry out the work. Solar fencing, EPTs, anti-poaching camps, and ETFs are some other aspects that have helped us," said a KFD official.

Jumbo entry in Kodagu residential locality triggers panic

A wild elephant entered Kodagu district of Karnataka on Saturday morning triggering panic among local residents.

A video of the baby tusker entering Ponnampet locality captured by locals has been shared on social media platforms.

The elephant, which made its way through the Kunda road, the forest college paddy field APCMS garden and the main road was also seen going back the same way that it had entered.

Elephants are usually found in the coffee plantations of the nearby forest

The Forest Department promptly dispatched personnel and safely guided the elephant back to its natural habitat.

Meanwhile, neighbouring Kerala there were several incidents where elephants have ventured into residential areas. On February 17, a 50-year-old employee of the Kuruvu Dweep eco-tourism centre of the Forest department in Puppally in Wayanad was killed in attack by wild elephants.

Previously on February 10 a wild elephant walked into the premises of a house and killed a 45 year old man in Mananthavady in Wayanad district.

Leaders of various political parties started a twelve-hour protest in Wayanad on February 17 morning following the death of a 50-year-old man who was attacked by wild elephants.

—ANI

Making transport system inclusive to women with special needs

MEGHNA VERMA

BY INVITATION

mybangaloremirror@timesgroup.com
TWEETS @BangaloreMirror

The focus of the government is not just on women empowerment but a step ahead which is women-led empowerment and it is highly welcoming. However, there are specific sections of women whose empowerment is long overdue. Their requirements are specific and it needs to be voiced. Just as we celebrated International Women's Day, let's draw our attention to women with disabilities who also belong to marginalised sections of our society. They are, unfortunately, a part of our invisible population. Many efforts are made by many NGOs and by the government to empower them, but to live the dream of a prosperous India, it is very important to enable women with disabilities to be self-reliant.

For this, it is crucial to provide them with equitable access within the city. The transport infrastructure and transport services available in a city decide the education, health, social life, and career progression of all such women. If they don't have safe infrastructure and public transport to cater their needs, their accessibility to the city gets restricted and hence all such opportunities.

A DULT funded study was conducted to understand the distinctive travel patterns of women and to better accommodate their needs by creating frameworks for institutionalizing their requirements in urban transport policies. During two (out of seven) focus group discussions conducted with students who have visual disabilities and working women with walking disabilities, who also belong to marginalised sections of society in Bengaluru, it was found that blind students don't even have knowledge about the tactile flooring that pro-



vides them with safe paths. Only metro stations and very few public places have these tactile flooring, but what's the point if first, they don't know how to use it and second how to reach to metro stations, because the first/end mile connectivity doesn't have such infrastructure. Fear of accidents and acceptability in society was found to affect women's mobility in a city. As a result, it reflects

the poor social life among women with disabilities.

Visually impaired girl students mentioned that limited work opportunities for financial independence had left them with no preference for choosing the job of their convenience. Besides the Shakti Scheme that provides only an affordable aspect of mobility in the city for marginalised sections of women, it is equally important to introduce measures like bus priority lanes for speedy and reliable commute for all across the city network.

Free passes or concessions for using metro rail services are required for marginalised women with disability. Increased timing for ticket validation at metro stations, ramps at all public places, professional driving school and maintenance and repair services for the tricycles used by women with walking disabilities are much required to make them self-reliant.

In addition, voice-based apps to ensure safe, comfortable, and independent mobility were stressed by visually impaired students. Signages and information display systems are needed for all women with hearing disabilities. Such focus on women centric development should not be looked upon as women-exclusive policies but women-inclusive policies. A city infrastructure and services designed to integrate the requirement of women with disabilities who also belong to marginalised sections of our society will, by default, also serve the requirement of all including elderly population of our city irrespective of their gender.

Reference: Verma Meghna, Jain Silky (2023). A case of Bangalore. 17-20 December 2023, CTRG 2023, Surat, India

— The author is Associate Professor, Head-Centre for Sustainability, Ramaiah Institute of Management

No kidding

Bengaluru's Kannada stand-up comedy scene takes centre stage

| R Prashanth Vidyasagar
mybangaloremirror@timesgroup.com

TWEETS @BangaloreMIRROR

The Kannada stand-up comedy scene in Bengaluru is undergoing a transformation, with a surge of younger and newer comics embracing the challenges of the industry. Serving as the spark for this evolution are open-mic events, where aspiring comics take their first steps towards stardom. From humble beginnings, these artists have now become integral to the dynamic comedy scene. We caught up with some of these comedians from our city who are making a mark with their authentic humour and unique voices.



GANESH KASHYAP

The pandemic prompted lockdown inspired Ganesh Kashyap to try something new. While he was still pondering over taking the leap an invitation to a stand-up comedy competition that they won was the push he was waiting for. Open mics became a boon. Just three years into the scene this 24-year old has performed at over 100 shows with 30 of them being solo acts.

On the comedy scene

I haven't been to other places, but I feel like Bengaluru has the best audience and comedians. We can always count on each other to check each other's content and help each other out while writing or testing material. The audience is fantastic, and so are the comedy clubs and organisers. I believe it's the best place for comedy or any other art form.

Testing out the new material

There's no conventional method for me. Sometimes an idea comes to mind, and I think of punchlines, or it happens the other way around. To test jokes, there are open mics every week, where I and fellow comedians perform, providing the perfect platform to test new material.

Navigating cultural differences in comedy

It's not much of a problem because I feel there isn't a significant cultural difference between me and the audience. Even with Bengaluru's diversity, there's a shared understanding that makes navigating cultural sensitivity relatively smooth. Even if I or anyone else writes something inappropriate, fellow comedians and the audience are supportive enough to let us know.

The source

My life experiences do contribute, but not overwhelmingly. There's usually a reference to my life, like mentioning my mother being a teacher, but the jokes are fictionalised.



SHWETHA DODDAMANI

Balancing a demanding career in biotechnology, the stage serves as her sanctuary—a haven where solace, joy, and a profound sense of grounding await. What began as a casual encounter with the open mic in 2019 has now catapulted the 29-year-old into the limelight of the stand-up comedy scene with over 70 shows to her credit.

The open mic route

Performing in open mics has been an integral part of my journey as a stand-up comedian. It all began with my debut at YourQuote's open mic, where artists of various forms could showcase their talent free of charge. This opportunity paved the way for me to later participate in Namduk's open mic, where they were scouting for stand-up talents. Fortunately, I was selected, leading to over a hundred offline and online shows with Namduk and other talented comedians, including the production of three successful YouTube videos. These experiences have not only boosted my popularity on social media but have also propelled me to pursue solo performances and collaborations with fellow comics. Currently, I'm fervently working on developing my one-hour solo special, eagerly anticipating the moment I can take it to the stage.

Uttara Karnataka influence

Hailing from North Karnataka, my performances are imbued with the unique linguistic nuances and cultural richness of my upbringing. I firmly believe that one's background and cultural identity significantly influence their storytelling style, both on and off the stage. The authenticity and rawness added by my regional dialect enhance the narratives I share, reflecting the essence of who I am as a person and a performer.

Observation is key

As a stand-up comedian, my creative process revolves around mining humour from personal experiences and weaving them into engaging narratives. From childhood anecdotes to everyday observations, my life serves as a wellspring of comedic inspiration, resonating with audiences through relatable storytelling.

Bengaluru a boon for stand-up comedy

The stand-up scene in Bengaluru, particularly for local artists, is thriving with a growing audience eager to witness homegrown talent. Despite the challenges inherent in the industry, such as the vulnerability to criticism and the dilemma of potentially offensive content, the demand for diverse comedic styles persists. Whether it's navigating through online feedback or treading carefully with sensitive material, every comic must find their balance while staying true to their comedic vision.

Looking ahead, the future of the stand-up scene in Bengaluru appears promising, marked by a surge in new talents and a growing acceptance of stand-up comedy as a viable career option.

ASHWINI RAVINDRA

In 2019, during her fourth year of engineering studies, Ashwini Ravindra discovered stand-up comedy after watching Biswa Kalyan Rath's special "Biswa Mast Aadmi." Inspired, she took to the stage at the Lodhanlive Open Mic, receiving two laughs in the debut five-minute set. With open mics as her testing ground she stepped into the world of standup comedy, understanding that unsuccessful jokes should be discarded, regardless of personal attachment. The 26-year-old RJ who has performed at over 75 shows, is now a showstopper.

Journey in the comedy scene

After my debut, the organiser reached out, urging me to attend other open mics. I earned longer sets 10 minutes, then 15 and eventually secured opening acts. Opening acts involve established comics warming up the crowd before introducing the main act. Once I honed a solid 30-minute set, we recorded and released it on YouTube. This marked a turning point, leading to more opportunities. But, the journey has had its share of highs and lows.

Influence of local culture

Certain universally relatable themes exist, but regional nuances play a significant role. Language, especially local dialects, impacts audience connection. People appreciate humour that resonates with their cultural context. For instance, using Bengalurean slang adds a layer of hilarity that locals and even outsiders understand. It's a shared cultural marker that instantly identifies someone as being from Bengaluru.

Navigating cultural differences

One major challenge is adapting material to suit diverse audiences across Karnataka. Making connections beyond Bengaluru can be tricky, especially when linguistic and cultural differences come into play. Understanding what resonates with audiences from various regions is key. This involves familiaris-

ing oneself with local activities, accents, and cultural norms. Adapting content accordingly helps bridge cultural gaps and ensures broader audience appeal.

Crossing cultural boundaries

As a female comedian, breaking through cultural barriers can be daunting. There's still a lingering discomfort when women tackle a wide range of topics. However, I remain hopeful that societal acceptance will continue to evolve positively.

Future of standup comedy in Bengaluru

It's heartening to see the comedy scene thriving with shows every weekend. However, there's still room for growth. Every comedian, myself included, aspires to consistently sell out shows—a sign of a flourishing comedy landscape.



STORY BEHIND THE PHOTO

HUNGER GAMES

A glossy ibis trying to forage some food on what remains of the water body at Sarjapur Road



The picture was clicked by reader
Chandar Natarajan

If you have a picture and a story to share, send us the picture with your name and number at mybangaloremirror@timesgroup.com

Maramma Circle gets a spotless makeover

A collective effort cleanses and beautifies black spot, yet the battle against unhygienic behaviour persists

A black spot in Maramma Circle has received a complete makeover. This drive, organised over a span of ten days at a vacant parking area in Maramma Circle, was a collective initiative of the Malleshwaram Social group, The Ugly Indian, and the Bruhat Bengaluru Mahanagara Palike (BBMP).

Over the span of these

ten days, the area was cleaned up, scaffoldings were constructed to barricade the place, after which tin sheets were put up. Throughout this whole process, BBMP marshals as well as citizens from the Malleshwaram Social group stayed on guard to prevent anyone from coming to the spot with the purpose of urinating. Volunteers from The

Ugly Indian as well as the authorities helped revamp the place as well. After the tin sheets were put up and cemented, the entire length was painted in a simple mural design in an attempt to beautify the area and also further prevent people from using the place to urinate.

Vijaya Shenoy, a member of Malleshwaram Social, said, "It's sad how such public ar-

Over the span of these ten days, the area was cleaned up, scaffoldings were constructed to barricade the place, after which tin sheets were put up

ties are being used for these purposes despite public toilets being there. It is a menace to society considering the unhygienic condition of the place, its dirty smell, and the inaccessibility to a public space. About 750 metres from this same spot in Maramma Circle, there is a public washroom which could be used by people; however, they choose to do such activities for their convenience. There is also another public toilet at a distance of one kilometre, yet this still happens."

— Anurati Nair



The blackspot after the beautification

DID YOU KNOW?



The Indian Music Experience Museum in JP Nagar is India's first interactive music museum. It immerses visitors in the diverse sounds and rhythms of India, encompassing classical, folk, Bollywood, and contemporary genres. Through interactive displays, artefacts, and multimedia installations, it offers a captivating journey through the country's musical heritage. Inspired by Seattle's Museum of Pop Culture, it stands as a testament to Bangalore's vibrant music scene and cultural richness.

GET HEARD WITH MIRROR

9591233247

Let's see how much you know about Namma Bengaluru, folks. Tell us something incredible and mind-boggling about this beautiful city and our editors and researchers will check it out. If it's credible, we'll give it a shout-out, with your name and picture.

TAP THE CHATTER

where Bangaloreans speak their mind

How do you feel about the balance between urban development and environmental conservation in Bengaluru?



Madev Gowda, BM Reader

Achieving a harmonious balance between urban development and environmental conservation in Bengaluru presents an ongoing and critical challenge. The city's rapid growth has resulted in the proliferation of buildings.



Prakash, BM Reader

Bengaluru has undergone a significant transformation, marked by urbanisation and the proliferation of high-rise structures. This rampant development has replaced the city's once-abundant greenery with concrete jungles.



Hoksing Nong, BM Reader

The current state of balance between urban development and environmental conservation is dishearteningly poor. The city's relentless expansion has led to the degradation of green cover and depletion of water bodies.



Sai Krishna, BM Reader

Balancing urban development with environmental conservation poses significant challenges. While the city has flourished as a centre for technology and innovation, its rapid growth has come at the expense of its natural resources.



Sumitra G, BM Reader

Bengaluru grapples with the task of reconciling urban expansion with environmental preservation. Rapid urbanisation has precipitated various environmental challenges, like air pollution and water scarcity.



Anil Kumar, BM Reader

Bengaluru must intensify efforts to promote sustainable urban development initiatives, including enhancing public transportation, reducing waste generation, and augmenting green cover.

SPEAK TO US

Which specific tech advancements in Bangalore make it stand out and contribute to its "best city" status for you?

If you want to be featured in this section, mail us your answer to this question, in 25 words, with 'Tap The Chatter' in the subject line. Mail us with your name, occupation & a picture at mybangaloremirror@timesgroup.com or WhatsApp us on 9591233247

2 videos of blast suspect revealed

Even as Home Minister G Parameshwara said that the police have obtained vital clues related to the blast at The Rameshwaram Cafe, the National Investigation Agency has released fresh sketches of the accused, who reportedly traveled from Bengaluru in a bus. The NIA, investigating the incident, has shared two videos on its social media account and requested citizens' cooperation in identifying the suspect, according to an official.

The 49-second first video depicts the suspected bomber walking inside the BMTC bus and taking a seat. He then moves from the middle seat to the back of the bus to avoid the CCTV camera's view. Subsequently, he is seen resting in the backseat and later disembarking from the bus. The second nine-second video captures the suspect's movements without his hat at a bus stop. Additionally, the footage shows him leisurely walking around the bus stop in front of a closed police outpost.

"NIA seeks citizens' cooperation in identifying the suspect linked to the Rameshwaram Cafe Blast case. Call 08029510900, 8904241100, or email info.blr.nia@gov.in with any information. Your identity will remain confidential," reads the message from the NIA headquarters.

Meanwhile, Parameshwara said, "We are confident of resolving the Bengaluru cafe blast case soon. The suspected bomber is under surveillance by central agencies. We have received information indicating that he traveled by bus. Police are scrutinising all CCTV footage from buses during the time the bomber traveled from Bengaluru. Until the perpetrator is apprehended, it will be challenging to associate the incident with any organisation." The Rameshwaram Cafe blast occurred on March 1. The NIA and Bengaluru Police's special wing, Central Crime Branch, are jointly investigating the incident.

-BMB

Cafe reopens, with renovations

The Rameshwaram Cafe in Bengaluru reopened for customers on Saturday morning, almost eight days after an explosion that left at least 10 people injured.

The cafe was made open for the public on Saturday morning amid tight security arrangements as customers stood in a long queue outside the outlet.

Before opening the cafe, its co-

founder Raghavendra Rao and all staff joined for the National Anthem.

The cafe has undergone renovations to ensure a safer environment for customers.

"We are taking all the security measures to avoid such incidents in the future. We are strengthening our security team, and are also trying to have a panel of ex-servicemen to train our security guards," Raghavendra



The Rameshwaram Cafe reopens to public on Friday evening

Rao said.

Earlier on Friday, Raghavendra Rao told ANI, "We have given all CCTV footage and information to the

authorities. We are cooperating with them. We are very thankful to the government for helping us reopen the cafe so soon."

-ANI

DESTINY MEDIA **ibaco**
YOUR ICE CREAM DESTINATION
Presents

A Soulful Evening with
SONU NIGAM
17th March, 2024
Co-powered by
Freedom
Refined Sunflower Oil

VENUE :
BHARTIYA BHARTIYA MALL OF BENGALURU
THANISANDRA MAIN ROAD, BENGALURU - 560064

Tickets available on BookMyShow

Punit Balan Group
PRESENTS
कसौटीसब
Bengaluru

Rahul Deshpande
Aditya Oke, Prasad Padhye, Ninad Mulaokar, Rohan Vanage, Vishal Dhurmal, Manish Kulkarni
Venue: Chowdaiah Memorial Hall, Malleshwaram

Saturday, 16th March
6 PM ONWARDS
Powered By **VENKATESH**
BANGALURU KASABA VENTURE
Brought to you by **Suhana**
"JOY OF MUSIC"
TRAVEL PARTNER **VERBAT**

FOR PHONE BOOKING:
Manjiri Edlabadkar 98450 17911
TICKETS AVAILABLE ON **SCAN ME**
FOR PHONE BOOKING:
Suchitra Khandekar 84960 62850
1500 / 1200 / 900 / 600 / 499

amazon prime **YODHA**
THIS FRIDAY
DIRECTED BY SAGAR AMBRE AND PUSHPAKAR DJHA
PRODUCED BY HIRDO YASH JOHAR, KARAN JOHAR, APOORVA MEHTA AND SHASHANK KHATIAN
AN AA FILMS NATIONWIDE RELEASE

PVR · INOX **Cinépolis** and Other Cinemas.

shreyasLive
PRESENTS
STEBIN BEN
Live in Concert
23RD MARCH | 7:00PM ONWARDS
Phoenix Marketcity, Bangalore.

BOOK TICKETS NOW
book my show **paytm insider** **zomato LIVE** **LIVE FIESTA**

FOR CORPORATE, BULK BOOKING AND SPONSORSHIP
CONTACT: 96192 72551, 96192 72554

PRM/KA/RERA/1251/308/PR/020822/005119

PRIDE

PREMIUM Villa Plots

₹56 LAKHS ONWARDS

0080 4625 2280

ON BANNERGHATTA-JIGANI ROAD

EXCLUSIVE OFFER

QR CODE

PHASE-II

T & C APPLY

3 BHK LUXURY FLATS FOR SALE DREAMVILLE HOME

Ready to Move

PROJECT BY PROMAX PROPERTIES

SBI **Axis Bank** **HDFC Bank**

Amenities **Few Flats are Available**

BBMP APPROVED **RERA APPROVED**

6364588805 **promaxdreamvillehome.com**

No.37 1st Cross, Patelmunishamappa Layout, Ward No.26 Kothanur Hennur Main Road, Bangalore.77

GYM Library Walking Track Party Hall Kids Play area Club House

real estate

ESTATE & PROPERTIES

INVITING LAND OWNERS FOR JOINT VENTURE

A Reputed Builders with an Experience of 40 years in Bangalore and Construction of more than 100 Projects

A REPUTED BUILDERS with Apartments/ Layouts Bungalow/ Row House are Inviting Land Owners For JV With Very Good Terms & Conditions: 9066968083

FOR SALE MULTI STORIED COMMERCIAL BUILDING

IN BANGALORE, on Tumkur Road, FETCHING VERY GOOD RENTAL INCOME. Parties who can invest Rs. 70 Crores, may contact owner: 9880737490

FOR SALE

JAYANAGAR 20500 sqft.

Exclusive one of its kind Property for Sale Fantabulous Location Mesmerizing View East Facing Vastu Perfect 170 feet Frontage

Santosh Bhurani 9844034034

THE TIMES GROUP

Readers are recommended to make appropriate enquires and seek appropriate advice before sending money, incurring any expenses, acting on medical recommendations or entering into any commitment in relation to any advertisement published in this publication. The Times Of India Group doesn't vouch for any claims made by the Advertisers of products and services. The Printer, Publisher, Editor and Owners of The Times Of India Group publications shall not be held liable for any consequences, in the event such claims are not honoured by the Advertisers.

BANGALORE PROPERTIES

ANJANAPURA

WANTED BANASHANKARI 6th Stage Anjanapura JPNagar, Kanakapura Road Any Measurement Immediate Settlement Call: 9964627255

BDA ANJANAPURA 1st BLOCK 40x60, WEST FACING BEHIND 80 FEET ROAD, Rs 9000/- Sft CONTACT OWNER 93425 29690

BANASHANKARI

BDA Site For Sale 20x30, at Banashankari 6th Stage 4th T Block Near Silk Institute Metro Station Contact: 9845632809 / 8971799337

WANTED BDA SITES IN BANASHANKARI 6TH STAGE/ANJANAPURA IMMEDIATE SETTLEMENT CT: 9535575774 / 9343668888

30X40 PLOT FOR SALE IN BANASHANKARI 6TH STAGE, BROKERS EXCUSE. CONTACT WHATSAPP ONLY: +91 99645 73666

BANNERGHATTA ROAD

FOR SALE : 30'40' West Facing Independent Duplex 3BHK House at Ramanashree Layout, Bannerghatta Road. Price : 2 Cr Negotiable. Call : 9738973473.

DUPLEX Flat For Sale 2350 Sqft Semi Furnished 7th Floor N/F Bannerghatta Rd Bilekahalli, Aahika Apartment B'lore: 8867773333/ 9986699333

BASAVANAGUDI

AVAILABLE for rent, Semi-furn 5BHK flat with private garden of 830 sft in Brigade Vintage, Basavanagudi, expected rent 1,30,000 including maintenance, ct:9845380312

BTM LAYOUT

2BHK Flat For Sale @ 35 Lacs Inclusive all Situated in Kodichikkanahalli BTM 4th Stage off B G Road Near Vega City Mall Call: 8105807101

DEVANAHALLI

COMMERCIAL Property FOR SALE measuring 13341 sqft abutting NH207 in Devanahalli. Price Rs.4000/sqft. +91 97410 07992

SITES FOR SALE Basaveswaranagar

Residential sites 40x60 North 5.75Cr 50x80 West 9.60crore

Commercial site 40x200

BUYING & SELLING of properties in Bangalore. Contact Genuine Buyers or Sellers "Sri Ganesh Estate" 9845286505

SITE for sale 38X58 south Facing 30 feet road Hanumanthnagar Ashoka nagar Near BMS college Call: 9342742082 / 7892586674

BASAVESHWARA NAGAR

PRIME-SITE for Sale 50'x65', 3rd Stage, 4th block Posh location near all amenities. Clear titles. BDA allotment. Brokers Excuse. Call : 90195 40024.

GALLERIA

RAJASTHAN CRAFT & WEAVES SHOPPING FESTIVAL 2024

UNIQUE HANDICRAFTS & HANDLOOM EXPO

PUBLIC DISPLAY CUM SALE

Timing: 10.30am to 9.30pm

Venue: Open Exhibition Ground, Near Sarjapur Social, Opp. to WIPRO, Sarjapur Road, Bengaluru- 560035 **01/03/2024 to 14/04/2024**

Venue: Exhibition Open Ground, Near To SKR Convention Hall, Varthur Main Road, Kundanahalli Gate, Bengaluru. **19-01-2024 to 17-03-2024**

Entry & Parking Free | All Credit-Debit Cards & E-Payments Accepted

Call : 9590402020, 9323903848

Award Winning Artisans & Weavers Regd. by : Ministry of Textiles (Govt. of India)

Organised by : Rajasthan Craft & Weaves

GET NOTICED

ಶೋ ಆಫ್

SHOWOFF

NEW COLLECTIONS

JAYANAGAR, COMMERCIAL Street **MANTRI SQUARE Mall, GOPALAN ARCADE Mall**

Ph: 080 41145340

UPTO 50% OFF

Bangalore: • Commercial Street • DVG • Gopalan Arcade • Gopalan Signature Mall • Jayanagar • Mantri Square Mall • Malleshwaram • Phoenix Market City • Royal Meenakshi Mall • Yelahanka New Town • Belagavi • Bellary • Bidar • Bijapur • Chikmagalur • Gulbarga • Hassan • Hubli • Mangalore • Mysore • Tumkur • Ahmednagar (Maharashtra)

LANDOWNERS!

MAXIMIZE PROFITABILITY WITH DEVELOPMENT MANAGEMENT (DM)

A fast-emerging business model called DM minimizes risks & maximizes profitability.

Here is a golden opportunity for landowners with a clear title to tie up with Bengaluru's international award-winning developer on a DM (Development Management) basis. The developer has delivered over 4 million sft. across 18 projects in nearly two decades. DM Model allows the landowner to retain 100% of the land ownership, yet maximize profitability and minimize risks.

If you own a minimum of 1 acre of land for a residential project / minimum of 10,000 sft. of land for a commercial project in Bengaluru and are interested in the DM Model.

Please WhatsApp the details to +91 99000 22607

BANGALORE PROPERTIES

FRAZER TOWN



READY TO Occupy. Luxurious 3 Bedroom Flats at Heart of the City Spencer Rd, Frazer Town. Starts from 3 Crores. HPR Constructions - 9740028299

GAVIPURAM EXTENSION

EAST Facing. Rental yielding house with 3 floors 4000 sqft built up. Plot 1350 sqft at Hanumanthanagar 50 feet road, Maruthi Circle. Contact Owner: 99643 62531

GIRINAGAR



NEEDSRINI 2 & 3BHK luxury Flats with Indivial A Khata, Ready to Move with Multi Gym & Party Hall for SALE at Girinagar BSK 3rd Stage Prime location. Bank loan Available. Contact: 9845049889 / 9845458555

HSR LAYOUT

EXCELLENT-LOCATION For Sale New Building 2nd Sector Rental income per month 30x40 S/F 3.5Lakh, 30x40 W/F 2.26Lakh. Call: 8861513227.

INDIRA NAGAR

WANTED COMMERCIAL PREMISES / Bulk Flats For Rent/ For MNC

FOR LONG Term Rental. 2500 to 4000sqft carpet area in basement / G-Floor. in Commercial Area. Only direct enquiry. 9980077897

RENT- Office 6250 Sqft fully furnished office building for rent in the heart of Indiranagar, Bengaluru. Call 9845059720

INDRA Nagar 2400,400, 5450, 4800Sqft, 12000Sqft, 15000Sqft, 5000Sqft, Residential/Comm & 32000Sqft For Price Please Call Rao. Brokers Excuse: 8660189539

4BHK Architect Designer house 2850sqft built in 1325 sqft of plot. close to the IND Club Rs.4.9cr. 3BHK brand New flat 2100sqft on II flr. 4.cr 9845208012

INTERNATIONAL AIRPORT - AROUND

WANTED COMMERCIAL PREMISES / Bulk Flats For Rent/ For MNC

FOR LONG Term Rental. 2500 to 4000sqft carpet area in basement / G-Floor. in Commercial Area. Only direct enquiry. 9980077897

WANTED LAND Nandhi Hills Road, Chapparkallu Road, IVC Road/ Sadahalli And Devanahalli To Doddabalapur Road

10 TO 30 Acre Land. For Immediate Registration Land Owners Please Call "Niti Estates" 9900001973 Brokers Strictly Excused

JAKKUR



SALE LUXURIOUS Row house Lake facing Off Thanisandra Main Road, 3650 sft 4 BHK, Ready Possession. Call: 9845103066

JAYANAGAR

READY to Move 3BHK Flats For Sale in Jayanagar 3rd Block Near BHIMA Jewellers Genuine Buyers only Call: 9741868566



VARAHI GOKUL Jayanagar 4th Block 3BHK Deluxe Flats 1755 sqft. Ready to Move for Sale with Italian marble & teak wood Doors Ct: 9945381300

Pent House for Sale at Jayanagar 1st Block East 3 BHK duplex flat as per Vastu Contact 95384 72420 / 95388 28808

JP NAGAR

SALE 45x40 Site North Facing JPNagar 1st Phase ITI Layout full Cheque Payment Rate Per Sft 21000/- Genuine Buyers Call: 9686988899 (agent excuse).

KALYAN NAGAR

SALE - 2 BHK luxury Apartment for 70 lakhs with 1190 Sft and A katha fantastic location behind Kalyan nagar bust stop, Chelakere main road, Kalyan Nagar with swimming pool, Gym and covered car park. Interested parties please call on 9611455689.

KANAKAPURA ROAD

Clear titled industrial 4.24acres land attached to NH 209 for sale asking price 6.30Cr/ acre. Call: 8618987855

FOR sale at Purva highlands, a 3 BHK apartment, 1814 sft, 2nd floor having good view, 1.10 cr. Call Rajan Sood 9980132655

THE TIMES GROUP Readers are recommended to make appropriate enquires and seek appropriate advice before sending money, incurring any expenses, acting on medical recommendations or entering into any commitment in relation to any advertisement published in this publication. The Times Of India Group doesn't vouch for any claims made by the Advertisers of products and services. The Printer, Publisher, Editor and Owners of The Times Of India Group publications shall not be held liable for any consequences, in the event such claims are not honoured by the Advertisers.

MALLESHWARAM



DOCTOR OWNED fully furnished, Air conditioned 2BHK, 1200 sft, pool facing flat for sale, next to Orion Mall, Malleshwaram. Rs. 1.55 Cr. Call: 96329 21289

NAGARBHAVI

Flats sale nr Nagarbhave circle 2 & 3 BHK under construction 1km from metro station Contact 98450 66608 / 80507 50397

KUMARA PARK

FOR sale 3303 sft one floor plate commercial property in Kumarapark. UDS: 1568sft. 4 Car parks. Contact: 9632270930/ 9663797772.

KUMARASWAMY LAYOUT



NEW BDA PROPERTY FOR SALE 20X30 3BHK Duplex Kumaraswamy Layout 2nd Stage Near 15F Bus Stop Rs. 1.71Cr Negotiable Ct: 9449722501 / 9620965007

LINGRAJPURAM

LUXURY 2 BHK Flats wt interiors for sale, Stand alone building, each fir 1 flat, power backup, @ Lingrajpuram, Prize 49 lks. #9845120876

3BHK Residential Flats (2 Nos.) & Well furnished Office Space in BANGALORE for SALE

- Three Bedroom flats (2 Nos.), 1800 Sq.ft. each in Oman Topaz at Sarjapur Road, Agara, Banagalore
- A well furnished 1200 Sq.ft Office space in Carlton Towers, Old Airport Road Bangalore.

Interested parties may send EOI Email: georgepm66@gmail.com WhatsApp only @ +91 9446552929

NEW BEL ROAD



NEW BEL Road 2/3 BHK Ready To Move In Vastu Flats For Sale. Starts 79 Lakhs Onwards. Call now: +91 87924 69964 / 9136536999

RAJAJI NAGAR

PURVA BLUEBELLE Adjacent to Magadi Road Metro Station (Purple lane) Rajajinagar 3 Bedroom Jodi units 5 Bedroom+Servant room with all luxurious Amenities. Direct metro from here to ITPL (Whitefield) / KR PURAM / BYAPPANAHALLI Very good Convenience those who are working above areas. Only Few units left for Sale. Contact : Owner 9844027560.

DNR Highline @ Okalipuram near LULU Mall Rajajinagar 3 & 4 BHK FLATS with 7 Star Luxurious Amenities. Only Few Flats available for Sale. For details Contact: Owner 9844027560.

GET NOTICED

ON EVERY 3rd SUNDAY

CONSULTATION AVAILABLE ON 17th MARCH 2024

Dr. MANOJ KUMAR AREKKAT
(Rtd Chief Medical Officer)

BEST DOCTOR STATE AWARDEE IN KERALA
SUPPORTIVE CARE TO CHRONIC DISORDERS

SPECIALITY IN :-



FATTY LIVER



CHRONIC NEUROLOGICAL DISORDERS



CERVICAL SPONDYLOSIS



PCOD

A natural way to better health

Book Now: 07204910260

9th Cross, Vignana Nagar, Bangalore, Pin: 560075

Grand Flea Market Presents

ದ ಸೊಕ್ (ಮಾರ್ಕೆಟ್)
THE SOUQ
(MARKET)

Art, Craft & Handlooms Exhibition

Date : 8th March 2024 to 17th March 2024

Timings :

10:30 AM to 8:30 PM

10 DAYS EXHIBITION

Arts | Handicrafts | Clothings | Fashion Accessories | Home Decore & More

Organized By



For Details Contact
9036658774 / 6364685716

White Housse Convention Centre
Next to BDA Complex, HSR Layout
Sector 6, Bangalore - 102.

10 DAYS EXHIBITION

80+ STALLS

50+ CRAFTSMAN

FREE ENTRY & PARKING

'Clear picture on BJP candidates from K'taka on Sunday evening'

Former Chief Minister BS Yediyurappa on Saturday said a clear picture would emerge on Sunday after the BJP election committee meeting on party's candidates in Karnataka.

The BJP has not yet announced any of its candidates in

the state whereas the Congress on Friday is out with seven names.

"Tomorrow I am going to Delhi. Tomorrow evening there is an election committee meeting. Prime Minister Narendra Modi will also take part in it. Already one round of talks has taken place

with Union Home Minister Amit Shah and BJP president JP Nadda. Tomorrow we can get a clear picture," Yediyurappa told reporters.

On seat-sharing arrangements with the JD(S), which joined the BJP led NDA in September, 2023, the BJP stalwart said there is no

clarity on which seats will be given to the JD(S). "We will get to know which one will be given to them and which one not only after going there (Delhi)," he explained. Yediyurappa said the atmosphere is favourable for the BJP.

— PTI

Your Connect

BANGALORE PROPERTIES

MYSORE ROAD



MYSORE ROAD
Kumbalagodu Bangalore Industrial area 11600 sqft land area, 16000 sqft Built up area with 150 HP power available for Rent / Lease / Sale. Call : 99451 56100

RT NAGAR

SALE
40*60
SITE

IN THE Finest Location Of R.T.Nagar, Genuine Buyers and Property Sellers Call "Niti Estates" 9900001973

SAHAKARA NAGAR

3 BHK Duplex apartments for sale at Sahakar Nagar (near Hebbal) 2000 sqft to 2500 sqft available. Price Rs. 6500/- per sqft. 9731308328, 9739448826.

SARJAPUR ROAD



DC CONVERTED B khata NE corner Gated community. Harlur Rd, High-end specifications with elevator. 9008622669.

VARTHUR

SALE: 5700 Sqft Commercial Site for SALE, near VARTHUR, West Facing 'B' Khatha, in BBMP limit, Contact - 9353532040

VIDYARANYAPURA

2 BHK FLATS
ARCHITECT DESIGNED
@ Doddabamma Sandra



POSSESSION OCT 2024
Power Backup, Semi-Furnished, CCTV, Close to BEL Factory Call: 9448052794 / 9379458999

VISVESWARAIAH LAYOUT

BDA PLOT
60 x 40
FOR SALE
DIRECT OWNER

12600/- PER Sqft. 30 ft rd. 1st Block, close to ring road, Vishveshwariah Layout. South Facing call: 9840793664 / 9790777639

Commercial Site Sale,
Kempegowda Lyt 8th
Blk, "D" sector 55x100,
W/F BDA, NOC, NNA,
Conversion land, Legal
Documents. 5250/-sqft.
Contact: 9686469799

30x40 1st Block Vishveshwariah Lyt North & 40x60 Site Sale 5th Block & 25x40 Corner 2nd Nr East Commercial. 30x40 North 2nd 7000 Sqft: 9964700500

DIRECT OWNER #1628, N/F 30x40 (9x12mtr) BDA Site Sale VISHVESWARAIAH LAYOUT 2nd Block, Rs.7500/- Contact: 9886634578

YELAHANKA

BAGALUR, BEML Layout 66X80 West facing E Khata site available for sale Rate Rs.4000/sft Buyers Please Contact: 9148322909/ 6366692009

JUDICIAL Layout E.F site 8000 sqft for sale. Rs.15000/- sft. Also Jayamahal Extn. N.F 2600 sft for sale. Rs.23K/sft Citilines - 98450-41417 / 97399-44556

OUTSIDE BANGALORE

MYSORE

SITES @ Mysore DTCP
'A' Khata, RERA, 90%
Bank Loan, Immd Reg,
off Hunsur Rd, 5Min: NH
Yelwala. 10min: Ring Rd,
Infosys, vijaya ngr, 15min
Palace/Railway Station.
GSS: www.gssprojects.in
9845287802 / 8050001571.

FOR SALE

BANGALORE

2BHK Apt for SALE
Jayanagar, East facing,
Floor 1, behind Lalbagh
Garden, Semi-Furd., lift,
Balcony, Kaveri +
Borwel water, covr car
park, No brokers please,
67 Lakhs negotiable.
Buyer only Whatsapp:
+91-9284538248

real estate

FARM HOUSES



GATED Community Farm Land, with all Amenities, 15 mins to Isha foundation, 30 mins from Airport, Easy EMI. 8123246624/9880762082

LAND FOR SALE

Land for sale 3.27acres
Devanahalli to Doddaballpur Rd suitable for
Villa, Layout or
Apart. Call: 9618987855

PROPERTY ANCILLARIES

COMMERCIAL PREMISES



ATTENTION
ENTREPRENEURS!
Prime commercial space I on first floor (approx 1300 sq ft) now available for rent on Sultanpalya main road, RT Nagar post (with lift access). Ideal for businesses, office, restaurant, looking to thrive in a bustling location. Contact us today for more information. call: 9845327822 & 9845152380.

CHENNAI PURASAIWAKKAM HIGH ROAD MAIN BAZAAR (Prime Location)
Commercial Space
Approx 12000sqft
for RENT or SALE.
Suitable for
Showroom
(Jewellery, Textile)
(Frontage 24 feet)
Ct: 95510 56666

FARMS

FARM Plots Available Near Hosur in a Gated Community @ 170 Rs/Sft With/ Without Cottage. Just 40 Kms From Attibelle. Call: 6364684242

HOTEL FOR SALE

MULTICUISINE Family Restaurant for sale in Uttaharalli Main Road Prime Location with total area of 12050sqft interested party can contact - 98453 73390.

LEASE & RENT



COMMERCIAL SPACE available for rent. 2300 soft near Maharaja hotel signal Koramangala. Contact - 8951770606

COMMERCIAL SPACE ON RENT

Available in Koramangala 5th Block Industrial Layout, 4th "C" Cross Road behind Raheja Arcade Ground Floor-2250 Sft First Floor - 3350 Sft With Amenities - Power Back-up, Security, Parking Space Rent Expected Rs.85/- Per Sq Ft

Contact: 9945800088
9916066682

jobs

SITUATION VACANT

ACADEMIC

TEACHER



NEW CAMBRIDGE INTERNATIONAL PUBLIC SCHOOL
CA Site No: 6 (P), WOC Road, II Stage, Mahalakshmiapuram, Bangalore - 560 086.
Email ID : info@ncips.in

Contact :
8660136247/ 9845087439

Required It Teacher To Teach
AI Classes With Minimum 3 Years
Experience Handling Grades 8 To 12.
Qualification: B.E In C.Sc/MCA

* M.P.Ed Lady P.E teachers with minimum 5 years experience
* Physics & Biology teacher with minimum 5 years experience in Handling CBSE 12th Grade
* B.Ed qualified teachers to teach Sanskrit, English, Social, Hindi and Kannada subjects for Primary and Mid-Primary classes with minimum 5 years experience.
* Librarian with Mlib
* Day Care Teacher
* Anglo Indian teachers to teach Primary and Nursery

WANTED TEACHERS 1) SSLC / PUC / NTT / Montessori for KG, 2) PUC / BA / B.Sc. D.Ed for Primary Section, 3) BA / MA / B.Ed for Social Studies, 4) BA/ MA/ B.Ped for PE and 5) BSC/ MSC, BE.d - Science Teacher. Apply to: savm2003@gmail.com , SAVM English Medium School, #88, Park Road, Kumaraswamy Layout, Bangalore-61. Attend Interview on 17/03/2024 Sunday at 10.30am. Phone: 9483755974 / 9663742763

WANTED Teachers with BA/MA, BEd, (Eng/SS) BSc /MSc, BEd, B.Ped /M.Ped BFA & Office Assistant. Salary 15000/- to 30000/- Contact Sidhartha International School, Peenya, Dasarahalli. Ph: 7411010046 / 9620100046.

EUROKIDS GIRINAGAR/ NR COLONY Reqs Expd Teachers, Freshers with NTT can also apply. Contact: 9008025272, 74066666161.

REQD Trained, exp Teachers. Pre-primary: Graduate, NTT Primary: All subjects: MA/ MSc, B.Ed. Primary HM, Yoga, PE, Accountant. Ph: 9035033560

ACCOUNTS

ACCOUNTANT

ACCOUNTANT required Knowledge of TDS and GST, Tally, Invoice etc. Min 5 years Experience. MES road Jalahalli. M:7022185153

ADMINISTRATION

EXECUTIVES

E-COMMERCE Executives Required for online selling with Knowledge in Excel. Location: Cunningham Road. Contact on 9152011777

OFFICE ASSISTANTS

OFFICE-BOY WITH BIKE LICENSE REQUIRED. LOCATION: CUNNINGHAM ROAD, CONTACT ON 9152011777

MARKETING, ADVERTISING & SALES

SALES

WANTED A reputed Organic Lubricant Oil & Grease manufacturing company in Pune requires Sales Engineer/ Executive. Should be able to speak in a local language and English should be spoken well and also should have own two wheeler, 2-3 years experience in selling industrial oil grease. Interested candidates should apply to the following email address akindustrialproducts@gmail.com or call on directly 9448091101

OUTDOOR-SALES-EXECUTIVES Reqd with knowledge Excel & good comm. English Hindi & local language Loc:cunningham,Rd:9152011777

NOW HIRING

A reputed tour company headquartered in Bangalore is hiring for their Proposed Branches in Bengaluru, Hubballi & Mysuru

BRANCH MANAGER

Graduates with minimum 3 Years Sales Experience and excellent communication skills

SALES MANAGER

Graduates with minimum 1 Year Sales Experience and excellent communication skills

Send resume to **atmanand@chariotworldtours.com**

CHARIOT

3446/40, 1st F Cross, Next to Bunts Sangha, Vijayanagar, Bengaluru 560040

Call: 9945775555
www.chariotworldtours.com

MEDICAL

MEDICAL

REQUIRED:

1.occupational Therapist (OT) experienced with ASD child. 2. Speech Therapist experienced with ASD Child. Call: 7338467557.

OTHER PROFESSIONALS

GRAPHICS & DSGN

SRISHIVASAI Creatives Lalbagh Rd. Wanted imm Graphic Designer (min 2 yrs exp) Cont:9945108060 / 9945193806 Email:srishivasaicreatives.baba@gmail.com

OTHER VACANCIES

CALL CENTRES

CALL-CENTER Executives with Knowledge in Excel & Good Commn in English Hindi & Local Language. Location: Cunningham Road: 9152011777

MULTIPLE VACANCIES

WANTED IMMEDIATELY Operations Executives with Bike, Tele-callers. Very good Salary. Bengaluru South Candidates Call: 99000-54469

SITUATION VACANT

REQ exp candidate for pharma distributor Medizone pharma - Rajaji nagar position for BILLING with exp. in EXCEL V LOOK UP & SAP. Delivery boys with bike, GO DOWN IN-CHARGE with EXP in Pharma, office girls #9448041854

personal

CHANGE OF NAME

I Kshitij Bane S/o Suhas Tukaram Bane R/o Room No.2, IIA Guest House, Hossur Post, Gauribidanur Taluk, Chikka - ballapur Dist-561210, have changed my name to Kshitij Suhas Bane for all purposes

I Khuteja Khanum W/o Ashraffulla Khan R/o No 4/2, 5th Cross, Nehru Road New Guddadahalli Bangalore-560026 have changed my name to Khutaija Khanum I for all purposes

I, Rina Kumari Shaw D/o, Purnmashi Shaw R/o 7-d, Tower A, Rbd Stillwaters Apartment, Silver County Road, Bangalore 560102 have changed my name to Rina Gupta for all purposes.

I Shobha S Maligi D/O Shivanand Maligi from Bangalore, have changed my name from Shobha Pavaskar to Shobha S Maligi for all the future purpose.

I Tushar Kanti Panda R/o A205, Renaissance Brindavan Apt, Uttarahalli Main Rd, Bangalore-61 have changed my minor daughter's name from Nidhi to Nidhi Panda.

I, Abdulanwar S/O Abdul Jabbar # 35 2nd Cross Thanisandra Bengaluru-77 have changed my name to Abdul Anwar for all purposes.

LOST & FOUND

I, Rekha Jain, R/a #170 15 B cross Bhikshu Sadan Prashant Nagar T Dasarahalli Bangalore 560057. I have lost Sale deed Doc no 40042/13/12/2004 on 05/07/23 at T. Dasarahalli. If anybody found please handover to the nearest Police station or Above mentioned address or call 9448075043

THE TIMES GROUP
Readers are recommended to make appropriate enquiries and seek appropriate advice before sending money, incurring any expenses, acting on medical recommendations or entering into any commitment in relation to any advertisement published in this publication. The Times Of India Group doesn't vouch for any claims made by the Advertisers of products and services. The Printer, Publisher, Editor and Owners of The Times Of India Group publications shall not be held liable for any consequences, in the event such claims are not honoured by the Advertisers.



Touch of good food

3 dishes for you to savour with your loved ones during festivities!



COCONUT CARROT CHUTNEY

INGREDIENTS

- 50 grams of coconut
- 1 small carrot
- ½ of a medium-sized green mango
- 2 tbsp of curd
- 3-4 of curry leaves
- 3-4 of coriander leaf sprigs
- ¼ tsp of mustard seeds
- 1 tbsp of crushed peanuts
- 1 tsp of oil
- ¼ tsp of salt

METHOD

- Take coconut, grated carrot, green carrot and coriander leaves in a blender.
- Add curd, salt and sugar to it and blend it once.
- Do not blend much as it needs to be of a thick consistency.
- Take a small vessel for the vaghar (seasoning) and put oil, mustard seeds, crushed peanuts and curry leaves in it.
- Heat it and put on the blended chutney.
- Mix it thoroughly and serve with thaliyeeth or any paranthas. Yummy!

LAL BHOPLACHI GHARGH (MAHARASHTRIAN SWEET)

INGREDIENTS

- 50 grams of Pumpkin - grated
- 30 grams of whole wheat flour
- 10 tbsp of jaggery
- 2 grams of oil
- 2 grams of nutmeg - grated
- 5 grams of saunf
- 2 grams of Himalayan pink salt

METHOD

- Mix grated pumpkin and jaggery, nutmeg and salt on a hot pan
- Add semolina, wheat flour, 1 tbsp

hot oil and mix well

- Knead to a firm dough, use little water, and if required add more flour in case it becomes too sticky
- Make small balls from the dough and roll out into a round shape
- Grease the pan and roast them like chapati till they turn light brown
- Drain on an absorbent paper. Serve and enjoy this special delicacy!



RAW BANANA TIKKIS

INGREDIENTS

- 150 grams of raw, boiled and grated banana
- 175 grams of boiled and grated beetroot
- 30 grams of boiled and grated half carrot
- 2 tbsp of freshly grated coconut
- 1 inch of grated ginger
- ½ tsp of coriander powder
- 1 tbsp of roasted peanut
- ½ tsp of cumin powder
- 1 tsp of ajwain seeds
- 2 tbsp of ground nut oil
- ½ tsp of salt

METHOD

- Boil the carrot, beetroot and pressure cook banana for two whistles and set aside and grate them
- In a bowl, add oil, coconut, ginger, ajwain, cumin, coriander and peanut
- Then, mix the vegetables including salt and shape them into tikkis
- Shallow fry the tikkis in a pan on both sides until light brown
- Enjoy with the chutney of your choice and relish it!



MIND, BODY & HEART



All you need to know about...

Menopause

What is menopause

Menopause marks a significant transition in a woman's life, signalling the end of her reproductive years.

This natural biological cycle which begins between ages 45 and 55, brings about a range of physical, hormonal, and emotional changes that can have a drastic impact on women as they enter the next chapter of their lives.

Physical Changes Women May Experience

Every woman experience different physical changes during menopause. Hot flashes, night sweats, vaginal dryness, changes in menstrual patterns, and a decline in bone density are a few of the typical symptoms. Seeking medical advice and incorporating healthy lifestyle practises, such as consistent exercise and a balanced diet, can help manage these physical changes effectively. These changes can have an impact on one's daily life.

Hormonal Imbalance And Why It Happens

Hormonal fluctuations happen during menopause because the ovaries gradually produce less oestrogen and progesterone. The hormonal imbalance may have an impact on sexual health, lowering libido and causing vaginal discomfort. Have an open communication with healthcare professionals, to improve overall well-being.

Emotional Well-being

Menopause can also have an impact on a woman's emotional well-being. Feelings of sadness, anxiety, and low self-esteem can be brought on by hormonal changes, the recognition of ageing, and potential changes in one's self-image. Women must prioritise their own needs, look for emotional support, and take part in activities that support their mental and emotional health.

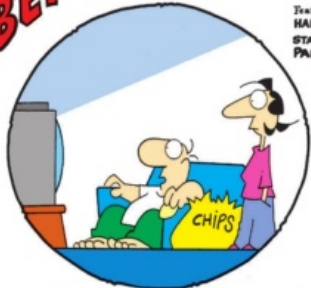
by Kayalvizhi Arivalan, Femina

COMICS

The BETTER HALF

by GLASBERGEN

Featuring HARRIET STANLEY PARKER



"Do we have any goat caviar or sauteed hummingbird wings? I feel silly eating potato chips while watching the Gourmet Channel!"



"When you need some lovin' click the button on my Web site to get an e-hug!"



"My ego is hungry. Got any compliments I can snack on?"



"My sister is getting divorced. Her old husband doesn't match her new furniture."



"Online shopping malls will never catch on — no food court!"

BABY BLUES

BY RICK KIRKMAN & JERRY SCOTT



WHAT YOUR STARS SAY TODAY

Aries Mar 21 - Apr 20

Today, you may encounter mixed situations around you. It is advised not to expect too much from anyone, as it may lead to disappointment. Self-exploration and self-analysis may occur, allowing for self-filtering. After this process, you may feel confident and ready to accept challenges.



Leo Jul 24 - Aug 23

Today, you are blessed by the moon, granting you patience. Though you may face work-related stress externally, internally you may remain calm, balancing everything. New sources of income may open up, boosting your financial health.



Sagittarius Nov 23 - Dec 22

Things are under control today, and you may work with patience. Love birds may plan outings, students may focus on their goals, and singles may find love within their community.



Taurus Apr 21 - May 20

Today, dissatisfaction may upset you, and you may struggle to enjoy any moment. A lack of patience may affect your work, leading to silly mistakes. It is advised to practice meditation or yoga and consider visiting a religious place to seek peace.



Virgo Aug 24 - Sep 23

You may feel dull today and face health issues, possibly experiencing sleeplessness leading to arrogance. This may affect domestic harmony and financial transactions, so it's advised to think carefully before acting.



Capricorn Dec 23 - Jan 20

Today, you may feel dull and unhappy, experiencing mood swings that affect domestic harmony. It's advised to avoid arrogance at work and risky activities like rush driving and adventure tours.



Gemini May 21 - Jun 21

Today, you may feel energetic, and your productivity may be noticeable. You may tackle difficult tasks easily. Sibling disputes may be resolved, bringing happiness to the family. Your focus on goals may lead to success in your work.



Libra Sep 24 - Oct 22

Today, you may feel energetic, and losses may turn into profits, enhancing business growth. Taking difficult decisions with the help of subordinates may lead to efficiency at work, and incentives may increase savings.



Aquarius Jan 21 - Feb 19

You may feel happy today and spread happiness around you, experiencing harmony in your domestic life. Your family may support important decisions in your professional life, and new ventures or partnerships may arise.



Cancer Jun 22 - July 23

Today, you are blessed by the moon. You may expect to receive some inherited assets. Patience in your work may increase efficiency, and you may be polite to those around you. Communication skills may help you progress in your work.



Scorpio Oct 23 - Nov 22

You may be busy at work today, implementing new ideas with the help of destiny. Following rules and ethical behaviour may bring inner peace and strength.

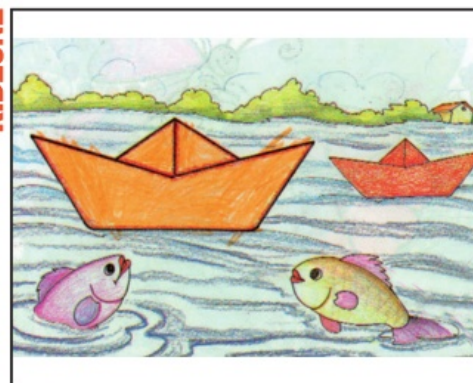


Pisces Feb 20 - Mar 20

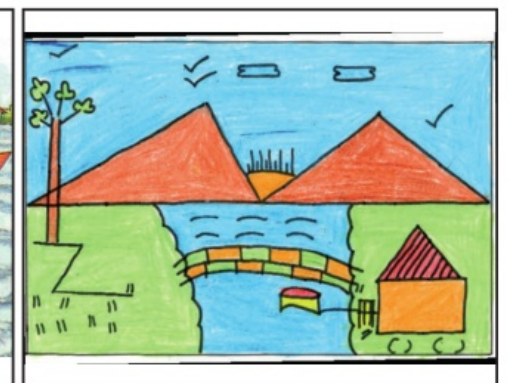
Today, the positive moon may make you happy, and your patience may lead to a good performance at work. Health issues in the family may be resolved, and job seekers may find suitable positions. Love birds may enjoy their dating experiences.



KIDZONE



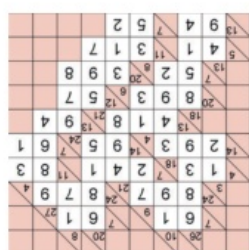
Shreya K G, 5 Years, Lady Vailankanni English School



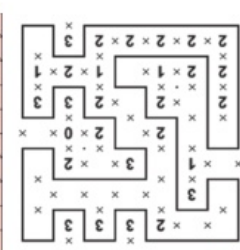
Marwah Mubeen, 11 Years, Little Pretty English School

Kidzone, Bangalore Mirror; No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011; Please send hard copies of your artwork in A4 size only.

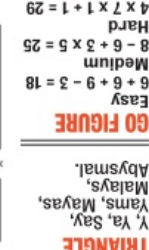
SOLUTIONS



KAKURO



LOOP



ALPHA



SUDOKU



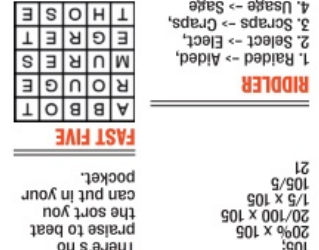
MENSA PUZZLE



QUICK



STRIKE OUT



QUOTE UNQUOTE



Life-changing moments

Siddhant speaks about response from Alia to his debut film premiere

Siddhant Chaturvedi has emerged as one of the most sought after young actors in the country. From his debut 'Gully Boy' to 'Gehraiyaan' and the recent 'Kho Gaye Hum Kahan', he has evolved as an actor. Siddhant Chaturvedi recently opened up about what happened moments before the premiere of 'Gully Boy', his debut film.

Talking to The Lallantop, Siddhant Chaturvedi revealed that what happened moments before the India premiere of 'Gully Boy' was straight out of a Bollywood film! 'Gully Boy' featured Ranveer Singh, Alia Bhatt and Siddhant Chaturvedi in the lead roles.

Siddhant was accompanied by his family - father, mother, and brother, for the India premiere of 'Gully Boy'. The actor shared that they were in an elevator, and when the door was about to close, Alia Bhatt walked in, along with her bodyguards. "She said, 'You know your life is going to change right?' It was cinematic, because she said this and walked off," Siddhant reminisced.

The actor also recalled after the screening his dad was in tears, "He saw the film 25 times; he watched it every day in some theatre."

-ETimes

No laughing matter

Kriti Sanon won a lot of praise for her performance in her last release, Teri Baaton Mein Aisa Uljha Jiya. The film co starring Shahid Kapoor had Kriti playing the role of a humanoid. She's happy that despite being a robot, which lacks any emotions, she could keep the audience hooked with her antics. While she did win praise from the audience Kriti shares her thoughts on winning recognition for such a character.

She says, "I didn't actually imagine the kind of response that came in for my performance. I was surprised. Because, even when it comes to awards it hardly ever goes to a comic character. Usually, all the intense roles draw attention. That's because an intense role is what makes you feel like, 'My God this person made me feel a lot'."

In an earlier chat with us, Kriti opened up about her love for comedy. She had said, "I have always loved comedy. However, comedy doesn't get enough due because I feel it is not an intense, deep performance and so people don't consider it a performance. Having said that, making people laugh is the most difficult thing. I have always been looking for an out-and-out comedy film. Also, I feel comedy as a genre isn't perceived for female actors. There



have been very few female actors who have done comedy. There's Sridevi ma'am, Madhuri (Dixit Nene) ma'am and Juhi Chawla who did comedy. After that I didn't see too many women actors attempting it. I have enjoyed watching films like Andaz Apna Apna, Chaalbaaz and a film like Queen which was more of a feel-good film."

The actress is gearing up for the release of The Crew that also stars Kareena Kapoor Khan and Tabu. She's awaiting the release of her production venture Do Patti in which she acted with Kajol.

-Onkar Kulkarni / TNN

Style queen

11 times Kareena Kapoor Khan aced her fashion game on Instagram



Watch this story come alive on your device by scanning this QR code



SANDALWOOD SHOTS

Y MAHESWARA REDDY

I am lucky: Anirudh

Aniruddha Jatkari aka Anirudh, who has been associated with Sandalwood since 2001, is flying high about his lead role in Suryavamsha, a mega tele serial expected to be aired on Udaya TV from March 11. The shooting of his latest Kannada movie Chef Chidambara too is completed.

"I am very lucky to have the opportunity to play the lead in Suryavamsha. My role has different shades and I am confident of meeting the TV viewers' expectations," said Anirudh.

Anirudh is the son-in-law of Dr Vishnuvardhan and Bharathi Vishnuvardhan. Vishnuvardhan played a dual role in the movie Suryavamsha that was released in 2000. Now,



Anirudh is playing dual roles - Suryavardhan and Karna - in the serial.

"Though the titles of the movie and the serial are the same, the scripts are quite different. The movie was a big hit at the box office. I promise I will not disappoint the viewers of the serial," said Anirudh.

The serial that will be aired from 6 pm to 10 pm from Monday to Saturday, showcases true stories with different themes and characters. The story unfolds with Karna facing various challenges both inside and outside home.

Success of a song

The team of Kannada movie Dheera Bhagat Roy is excited about the grand success of the song - Yenu Karma. The song was released last month and it got two lakh views on YouTube. The movie's team celebrated the success with an event at Kalavidara Sangha recently. Rakesh Dalawai, a theater artiste, debuts as a hero with this film.

Director Karnan S said the song has become popular among the music lovers and some people are making reels on it.

"I thank Poornachandra Tejaswi for composing music for such a wonderful song. It is becoming popular day by day. The movie is about an advocate of Nargund. The movie revolves around the villagers who are exploited by a landlord when the government introduced a ceiling on agricultural land holdings in 1970. How the advocate struggles to ensure jus-



tice for landless agricultural labourers is the gist of the movie," said Karnan.

Rakesh Dalawai said he has been associated with this movie for two years. "I was not sure whether I could play the lead when the director approached me. I am grateful to director Karnan for his support and guidance," said Rakesh.

Sucharitha Sahayaraj debuts as a heroine. "My character Savitri can become a role model for women in rural areas," said Sucharitha.